



test x180 surge ingredients

Force Factor Test X180 Surge is a testosterone support supplement designed to elevate men's vitality, masculinity, and overall performance. According to product descriptions, its formula features several scientifically backed and patented ingredients, including:

- **AlphaFen® Fenugreek:** A proprietary extract of fenugreek, traditionally used to support healthy testosterone levels.
- **Verilean®:** A patented ingredient aimed at supporting male vitality and performance.
- **zumXR®:** A patented form of caffeine designed to provide prolonged energy release, reducing the risk of jitters commonly associated with caffeine^{[1][2]}.
- **Infinergy™:** Another patented ingredient, often used to enhance energy and endurance^{[1][2]}.

These ingredients are highlighted as key components for promoting muscle growth, strength gains, and sustained energy without causing jitters^{[1][2]}. For the most accurate and up-to-date ingredient list, including dosages and any additional components, it is best to check the product packaging or official manufacturer information.

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All the ingredients

The official Force Factor product page for **Test X180 Surge** highlights the following key ingredients:

- **AlphaFen® Fenugreek**
- **Verilean®**
- **zumXR® (Extended-Release Caffeine)**
- **Infinergy™ (a caffeine-based energy blend)**

These are the main, branded ingredients explicitly listed for Test X180 Surge^[3]. The product description emphasizes these as the core, scientifically-backed components supporting testosterone, muscle growth, strength, and sustained energy without jitters.

However, **the full, detailed ingredient list including all inactive ingredients, fillers, or additional compounds is not published on the main product page**. For a complete ingredient breakdown (such as binders, preservatives, or other minor components), you would need to refer directly to the supplement facts panel on the product packaging or contact the manufacturer, as it is not fully disclosed online^{[3][4]}.

Summary Table

Branded Ingredient	Purpose/Function
AlphaFen® Fenugreek	Testosterone support, vitality
Verilean®	Male vitality, performance
zumXR®	Extended-release caffeine, energy
Infinergy™	Caffeine-based energy, endurance

Other Force Factor products (like Test X180 Boost or Supreme) contain additional ingredients, but these are not part of the Surge formula [5] [6].

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Niacin b6 B12 selenium Black macateibulus terrestis horny goat weed cordyceps verilean green coffee grains of paradise performance energy matrix green tea extract zim xr dicaffeine malate bio oerine black pepper extract

You are listing a mix of ingredients found in various testosterone boosters and energy supplements, not all of which are present in Force Factor Test X180 Surge. Here is a breakdown based on your list and the official product information:

Force Factor Test X180 Surge Ingredients

The **main, branded ingredients** in Test X180 Surge are:

- **AlphaFen® Fenugreek**
- **Verilean®**
- **zumXR® (Extended-Release Caffeine)**
- **Infinergy™ (Caffeine-Based Energy Blend)**

No mention is made of niacin, B6, B12, selenium, black maca, Tribulus terrestris, horny goat weed, cordyceps, green coffee, grains of paradise, performance energy matrix, green tea extract, dicaffeine malate, BioPerine® (black pepper extract), or other ingredients from your list [7] [8] [9].

Comparison with Other Test X180 Products

If you are referencing **Test X180 Boost** (a different product), it does include:

- **Fenugreek**
- **Tribulus terrestris**
- **Horny goat weed**
- **Black maca**

- **Cordyceps**
- **Vitamin B6, B12**
- **Minerals (zinc, magnesium, boron)**
- **Unreal Energy™ Matrix** (with Infinergy™ and zumXR®)
- **DIM (diindolylmethane)** [10] [11]

However, **niacin, selenium, green coffee, grains of paradise, performance energy matrix, green tea extract, dicaffeine malate, BioPerine® (black pepper extract)** are **not listed in the main Test X180 Surge or Boost formulas** as per official product information.

Summary Table

Ingredient	Test X180 Surge	Test X180 Boost	Notes
AlphaFen® Fenugreek	Yes	Yes*	*Boost uses standard fenugreek
Verilean®	Yes	No	
zumXR®	Yes	Yes	
Infinergy™	Yes	Yes	
Niacin	No	No	Not listed
B6, B12	No	Yes	In Boost
Selenium	No	No	Not listed
Black maca	No	Yes	In Boost
Tribulus terrestris	No	Yes	In Boost
Horny goat weed	No	Yes	In Boost
Cordyceps	No	Yes	In Boost
Green coffee	No	No	Not listed
Grains of paradise	No	No	Not listed
Performance energy matrix	No	No	Not listed
Green tea extract	No	No	Not listed
Dicaffeine malate	No	No	Not listed
BioPerine® (black pepper)	No	No	Not listed

Note: Force Factor has other products (like Test X180 Ignite) that may include some of these ingredients, but not in the Surge or Boost formulas [12].

Conclusion:

The only ingredients from your list present in Test X180 Surge are **fenugreek (as AlphaFen®) and Verilean®**. The others (niacin, B6, B12, selenium, black maca, Tribulus terrestris, horny goat weed, cordyceps, green coffee, grains of paradise, performance energy matrix, green tea extract, dicaffeine malate, BioPerine®) are **not in Test X180 Surge** [7] [8] [9].

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What do ALL these ingredients do if mixed together?

Mixing all the ingredients you listed—niacin, B6, B12, selenium, black maca, Tribulus terrestris, horny goat weed, cordyceps, verilean, green coffee, grains of paradise, performance energy matrix, green tea extract, zumXR (extended-release caffeine), dicaffeine malate, BioPerine (black pepper extract)—would create a complex supplement blend with overlapping and complementary effects. Here's a breakdown of what these ingredients generally do when combined:

Individual and Combined Effects

- **Niacin (B3) / B6 / B12 / Selenium:**
 - **Support metabolism, energy production, and nervous system function.**
 - B vitamins are often included in energy and performance supplements for their role in converting food to energy and supporting red blood cell production^[13].
 - Selenium is an antioxidant that supports immune function and thyroid health.
- **Black Maca / Tribulus Terrestris / Horny Goat Weed / Cordyceps:**
 - **Testosterone support, libido enhancement, and adaptogenic effects.**
 - Maca and Tribulus are commonly used in testosterone boosters for their reputed effects on sexual health and vitality^{[13] [14] [15]}.
 - Horny goat weed is believed to support erectile function and blood flow^[15].
 - Cordyceps is an adaptogenic mushroom that may support endurance and energy.
- **Verilean:**
 - **Patented ingredient for male vitality and performance.**
 - Specific mechanisms are proprietary, but it is marketed for supporting testosterone and overall male health.
- **Green Coffee / Green Tea Extract / Grains of Paradise / Performance Energy Matrix / zumXR (Extended-Release Caffeine) / Dicaffeine Malate:**
 - **Energy, fat metabolism, and thermogenic effects.**
 - Caffeine and green tea extract are stimulants and thermogenics, promoting alertness and potentially supporting fat loss^[15].
 - Grains of paradise may have mild thermogenic effects and support metabolism.
 - Dicaffeine malate is a form of caffeine combined with malic acid, thought to provide smoother, sustained energy.
- **BioPerine (Black Pepper Extract):**
 - **Enhances absorption of other ingredients.**

- Commonly added to supplements to improve bioavailability and effectiveness^[15].

Potential Overall Effects

- **Increased Energy and Alertness:**
 - Caffeine, green tea, and other stimulants provide immediate and sustained energy.
- **Enhanced Metabolism and Fat Loss:**
 - Thermogenic ingredients may support increased calorie burning.
- **Testosterone and Libido Support:**
 - Herbs like maca, Tribulus, horny goat weed, and cordyceps are reputed to support male hormone levels and sexual health^[13] ^[14] ^[15].
- **Improved Nutrient Absorption:**
 - BioPerine increases the bioavailability of other ingredients.
- **Antioxidant and Immune Support:**
 - Selenium, green tea, and cordyceps provide antioxidant benefits.

Caveats

- **Evidence for Testosterone Boosting:**
 - While many of these ingredients are commonly used in testosterone boosters, scientific evidence for their effectiveness is mixed or limited, especially in healthy individuals^[16] ^[15] ^[17].
- **Potential Side Effects:**
 - High doses of B vitamins, caffeine, or certain herbs may cause side effects such as gastrointestinal upset, jitteriness, or cardiovascular strain^[16].
- **Safety:**
 - Always consult a healthcare provider before combining multiple supplements, especially if you have underlying health conditions or take other medications.

Summary Table

Ingredient Group	Main Functions
B Vitamins, Selenium	Energy, metabolism, immune support
Maca, Tribulus, Horny Goat Weed, Cordyceps	Testosterone, libido, adaptogenic effects
Verilean	Male vitality, performance
Caffeine, Green Tea, Grains of Paradise, Dicaffeine Malate	Energy, thermogenesis, fat loss
BioPerine	Enhances absorption of other ingredients

In summary:

A blend of all these ingredients would aim to boost energy, metabolism, testosterone, libido, and overall physical performance, while also supporting nutrient absorption and antioxidant

defenses. However, the scientific backing for these effects varies, and safety should be considered when combining multiple active compounds^[16] ^[15] ^[17].

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1. <https://forcefactor.com/products/test-x180-surge>
2. <https://www.instagram.com/p/DJZzkoluxWi/>
3. <https://forcefactor.com/products/test-x180-surge>
4. <https://www.walmart.com/ip/Force-Factor-Test-X180-Surge-Testosterone-Booster-and-Fat-Burner-for-Men-60-Capsules/893999525>
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